

WHAT'S FOR LUNCH?

March

SarahCare[®]
Coral Springs Adult Day Care Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		01 Broccoli & Cheese Soup, Whole Wheat Turkey & Cheese Sandwich, Fresh Fruit	02 Baked Crispy Chicken Sandwich on Whole Wheat Bun, Sweet Potato Fries, Salad & Fresh Fruit	03 
06 Spaghetti and Meatballs, Garlic Bread, Roasted Veggies, Fresh Fruit	07 Minestrone Soup, Whole Wheat Turkey & Cheese Sandwich, Fresh Fruit	08 Four Cheese Ravioli, Garlic Bread, Garden Salad and Fresh Fruit	09 Red Beans & Rice with Chicken, Garden Salad and Fresh Fruit	10 
13 Macaroni & Cheese, Fish Sticks, Mixed Veggies and Fresh Fruit	14 Baked Crispy Chicken Sandwich on Whole Wheat Bun, Sweet Potato Fries, Salad & Fresh Fruit	15 Chicken & Dumpling Soup, Whole Wheat Turkey & Cheese Sandwich, Fresh Fruit	16 Four Cheese Ravioli, Garlic Bread, Garden Salad and Fresh Fruit	17 
20 Lean Beef Lasagna, Garlic Bread, Salad and Fresh Fruit	21 Italian Wedding Soup, Whole Wheat Turkey & Cheese Sandwich, Fresh Fruit	22 Beef Stew over Egg Noodles, Steamed Veggies, Fresh Fruit	23 Macaroni & Cheese, Fish Sticks, Mixed Veggies and Fresh Fruit	24  Hot Dogs w/Buns, Potato Salad, Garden Salad and Fresh Fruit
27 Grilled Chicken Alfredo with Spinach, Whole Grain Pasta, Salad and Fresh Fruit	28 Rotisserie Chicken with Mashed Potatoes and Gravy, Mixed Veggies, Fresh Fruit	29 Pasta Fagioli Soup, Whole Wheat Turkey & Cheese Sandwich, Fresh Fruit	30 Red Beans & Rice with Chicken, Garden Salad and Fresh Fruit	31 